

ONE ALBUQUE ROQUE

senior affairs

January through June 2023

Activity Catalog

FOR SENIORS 50+

505-764-6400

cabq.gov/seniors

Citizen Contact Center: 311

Facebook: @CABQSeniors

Instagram: @CABQSeniors

Timothy M. Keller, Mayor | Anna M. Sanchez, Director



Message From Mayor Keller & Director Anna Sanchez

Dear Albuquerque,

We are grateful to kick off another year here in the Duke City. A new year is a great time to hit refresh and set resolutions and intentions for the year ahead. And it is never too late to get started. If you're thinking about small steps you can take to reach your goals in 2023, use this Activities Catalog as a tool to find new ways to learn, grow, or get involved in our community. The City of Albuquerque offers over 1,200 programs for seniors throughout the City's senior, multigenerational and sports and fitness centers to help you. There are many great opportunities to achieve your goals and lead a healthier and happier life.

At the City, we are always adapting and expanding our programming to fit the needs of Albuquerque's senior community. There are plenty of new and returning offerings to look through as you set your goals for the coming year. It can be as simple as taking a yoga class or even meeting up with friends and neighbors for Senior Affairs' low-cost breakfasts or delicious lunches. And don't forget, lunch at all senior and multigenerational centers is free for adults 60 and older. Whatever goal you pick, start small, get creative, and don't forget to get your friends involved—they might help keep you accountable!

Let's make this new year our year, full of good health, lots of friendship, and plenty of laughter.

Sincerely,



Tim Keller
Mayor Tim Keller
City of Albuquerque



Anna M. Sanchez
Anna M. Sanchez, Deputy Director,
City of Albuquerque Department of Senior Affairs

ONE ALBUQUERQUE

senior affairs

OUR MISSION

We are committed to providing resources with care and compassion that help our community thrive while embracing aging.

LEADERSHIP

Timothy M. Keller, Mayor,
City of Albuquerque

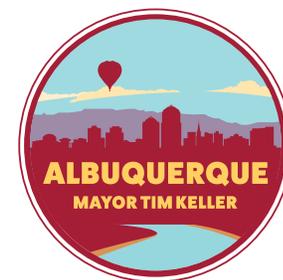
Anna M. Sanchez, Director,
Department of Senior Affairs

Chris L. Sanchez, Deputy Director,
Department of Senior Affairs

Alan Armijo
Associate Director

Nikki Peone
Associate Director

Angel C. Montoya
Recreation Division Manager



Department of Senior Affairs Advisory Council

Steve Borbas
Louis Carlentine
Havens Levitt
Lucy Lopez
Dubra Karnes-Padilla
Henry Shoner

Evan Thompson
Martha Medina
Teresa Haering
Raymond Taylor
Sheila Hundley

City Councilors

District 1: Louie Sanchez
District 2: Isaac Benton
District 3: Klarissa Peña
District 4: Brook Bassan
District 5: Dan Lewis

District 6: Pat Davis
(President)
District 7: Tammy Fiebelkorn
District 8: Trudy Jones
District 9: Renee Grout

Our Vision

To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Department of Senior Affairs Advisory Council Schedule of Meetings

JANUARY 23, 2023

12:00pm
Los Volcanes Senior Center
6500 Los Volcanes NW, 87121

FEBRUARY 27, 2023

12:00pm
North Domingo Baca
Multigenerational Center
7521 Carmel Ave NE, 87113

MARCH 20, 2023

12:00pm
North Valley Senior Center
3825 4th St NW, 87107

APRIL 17, 2023

12:00pm
Barelas Senior Center
714 7th St. SE, 87102

MAY 15, 2023

12:00pm
TBD (check cabq.gov/seniors for updates)

JUNE 26, 2023

12:00pm
Bear Canyon Senior Center
4645 Pitt NE, 87111

Join Our Community Online

Facebook.com/cabqseniors

Instagram.com/cabqseniors

cabq.gov/seniors

YouTube (search *cabqseniors*)

Senior Information Line: 505-764-6400

TTY: 1-800-659-8331

Citizen Contact Center: 311

Email: seniorinformation@cabq.gov

Senior Affairs Membership

All Department of Senior Affairs Senior, Multigenerational and Fitness Centers operate on a membership basis. Memberships help us keep accurate count of participants, as well as help make sure we obtain appropriate resources and funding to continue providing free and low-cost services to our active adult community.

Annual membership cost is \$20 however, a fee waiver can be requested. Our members have access to fitness programs, classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and more.

If you have an active membership at one location and are over age 50, you are entitled to participate in programs and activities at any of our senior and multigenerational centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another. Our Multigenerational Centers are for anyone age 5 and older, including seniors.

Americans with Disabilities Act

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.

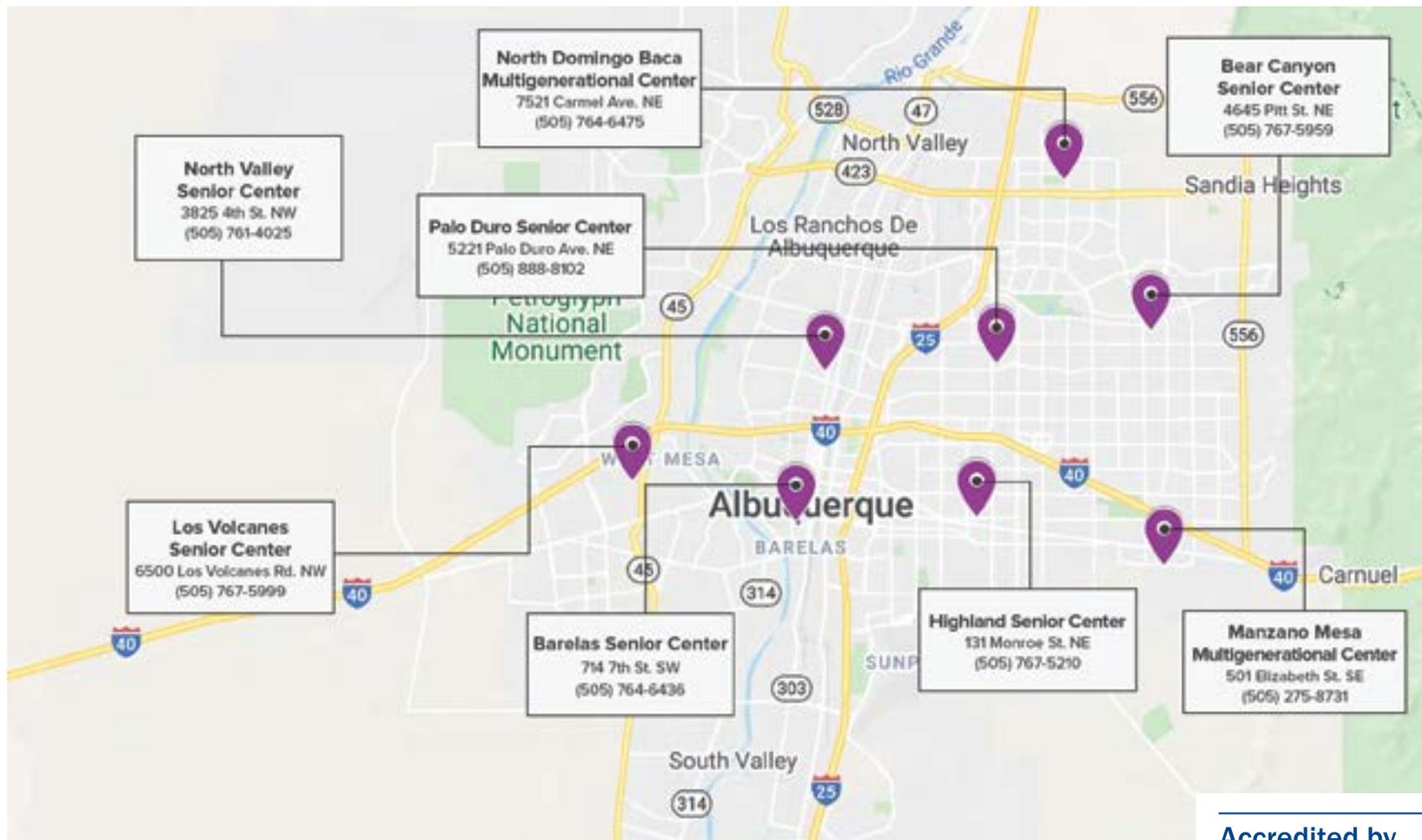
The City of Albuquerque's Department of Senior Affairs provides an array of services for seniors in the community, including social services, recreation, transportation, nutrition services and volunteer programs. For more information on Senior Affairs services, call 505-764-6400, Monday-Friday, between 8:30am and 4:30pm, or visit: or visit: CABQ.GOV/SENIORS

Center Memberships

\$20

Membership offers fitness programs as well as classes, travel, meals, computer labs, volunteer opportunities, competitive sports events, and much more at six Senior Centers, five Fitness Centers, two fitness rooms, and two Multigenerational Centers.





Accredited by 
National Institute of
Senior Centers

CENTER DIRECTORY

Nationally Accredited Senior and Multigenerational Centers

Center Closings

January 2nd
New Years (*Observed*)

January 16th
Martin Luther King, Jr. Day

February 20th
Presidents' Day

May 29th
Memorial Day

June 19th
Juneteenth

Senior Centers

Barelas Senior Center
714 7th St. SW, Alb, NM 87102
505-764-6436
Monday–Friday: 8:00am–5:00pm

Bear Canyon Senior Center
4645 Pitt NE, Alb, NM 87111
505-767-5959
M, T, W, F: 8:00am–5:00pm
Thursday: 8:00am–9:00pm
Saturday: 9:00am–3:00pm

Highland Senior Center
131 Monroe NE, Alb, NM 87108
505-767-5210
M, T, Th, F: 8:00am–5:00pm
Wednesday: 8:00am–7:00pm
Saturday: 10:00am–4:00pm

Los Volcanes Senior Center
6500 Los Volcanes NW, Alb, NM 87121
505-767-5999
M, T, W, F: 8:00am–5:00pm
Thursday: 8:00am–7:00pm
Saturday: 9:00am–1:00pm

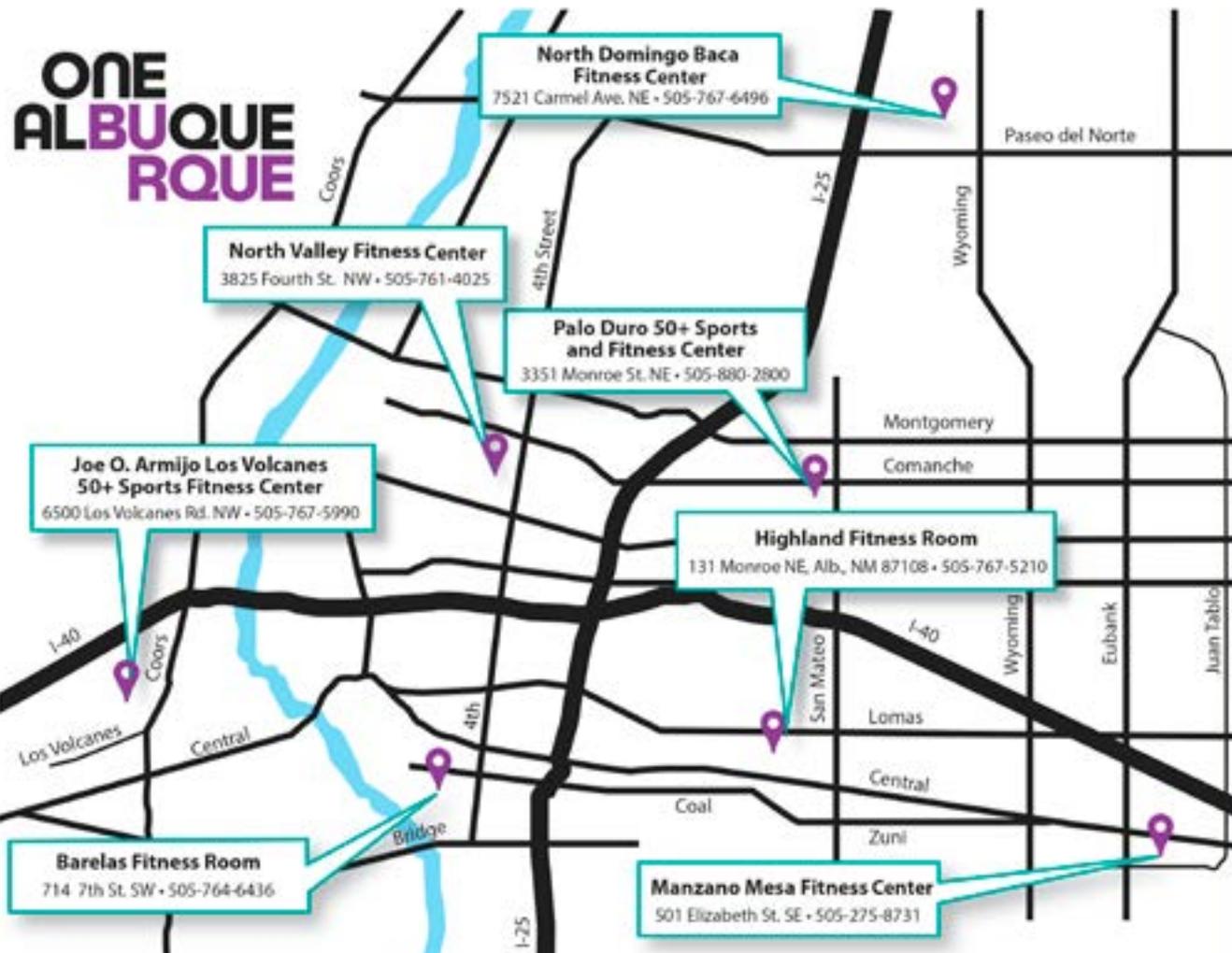
North Valley Senior Center
3825 4th St. NW, Alb, NM 87107
505-761-4025
M, T, W, F: 8:00am–5:00pm
Thursday: 8:00am–7:00pm
Sunday: 12:30pm–5:30pm

Palo Duro Senior Center
5221 Palo Duro NE, Alb, NM 87110
505-888-8102
M, T, Th, F: 8:00am–5:00pm
Wednesday: 8:00am–7:00pm
Saturday: 9:00am–1:00pm

Multigenerational Centers

Manzano Mesa Multigenerational Center
501 Elizabeth SE, Alb, NM 87123
505-275-8731
Monday–Friday: 8:00am–9:00pm
Saturday: 9:00am–3:00pm

North Domingo Baca Multigenerational Center
7521 Carmel NE, Alb, NM 87113
505-764-6475
Monday–Friday: 8:00am–9:00pm
Saturday: 9:00am–3:00pm



SPORTS AND FITNESS CENTERS

Nationally Accredited Senior and Multigenerational Centers

50+ Sports and Fitness Centers

Joe O. Armijo Los Volcanes Sports and Fitness Center

6500 Los Volcanes NW, 87121
505-767-5990

Monday–Friday: 7:00am–7:00pm
Saturday: 8:00am–2:00pm

North Valley Fitness Center

3825 4th St. NW, 87107
505-761-4025

Monday–Friday: 8:00am–5:00pm
Tuesday: 8:00am–7:00pm
Sunday: 12:30pm–5:00pm

Palo Duro Sports and Fitness Center

3351 Monroe NE, 87110
505-880-2800

Monday–Friday: 7:00am–7:00pm
Saturday: 8:00am–2:00pm

Multigenerational Sports & Fitness Centers

North Domingo Baca Sports and Fitness Center

7521 Carmel NE, 87113
505-764-6496

Monday–Friday: 8:00am–9:00pm
Saturday: 9:00am–3:00pm

Manzano Mesa Sports and Fitness Center

501 Elizabeth SE, 87123
505-275-8731

Monday–Friday: 8:00am–9:00pm
Saturday: 9:00am–3:00pm

Fitness Rooms

Barelas Senior Center Fitness Room

714 7th St. SW, 87102
505-764-6436

Monday–Friday: 8:00am–5:00pm

Highland Senior Center Fitness Room

131 Monroe NE, 87108
505-767-5210

Monday–Friday: 8:00am–5:00pm
Wednesday: 8:00am–7:00pm
Saturday: 10:00am–4:00pm

Department of Senior Affairs Social Services

The Department of Senior Affairs offers a continuum of services designed to support our community as they age:

- **Home Chore, Repair and Retrofit**
- **Home-Delivered Meals for Homebound Seniors**
- **Transportation Assistance**
- **Care Coordination**

Please call **505-764-6400** for more information about age requirements for any of our programs and services. Lines are open M-F, 8:15am to 4:30pm.



Powerful Tools for Caregivers Class Series

Powerful Tools for Caregivers class series helps caregivers take better care of themselves while providing for a friend or relative. By taking care of your own health and well-being, you become a better caregiver. This course will provide you with tools and strategies to better handle the unique caregiver challenges you face. Six class sessions held once a week are led by experienced class leaders. Participants are given The Caregiver Help Book to provide additional caregiver resources. Classes limited to 10 people at various Senior and Multigenerational center locations. For more information or to register, call Erin at **505-494-4021** or email, erin@familycaregivernm.org.



Transportation Services

Curb-to-curb van transportation within Bernalillo County is provided to individuals age 60 and older. Priority is given to those who have medical appointments. Reservations are required for this service. ADA-Accessible vehicles are available. To find out more about getting around Albuquerque and most of Bernalillo County, contact our Transportation Program at **505-764-6464**.

More than 50,000 one-way transportation trips are provided to seniors in Albuquerque and Bernalillo County annually. The trips vary from group rides to meal sites for lunch and activities, to grocery stores, to individual rides to medical appointments. Transportation is also provided to volunteer stations for Foster Grandparents.



WHAT WE OFFER:

- **Ride Services for Medical Appointments and Non-Medical Errands (such as grocery store trips)**
- **Senior Meal Site Transportation Service (within a five-mile radius)**
- **ADA-Accessible Transport Vehicles**

Medical Appointment Transportation

Medical appointment rides are always considered priority and are scheduled 7-days in advance to appointment date.

Transport is available to Presbyterian Rust Medical Center in Rio Rancho for Bernalillo County residents.

"Call when ready" return rides must be called in by 5:00pm in the greater Albuquerque area and by 4:00pm in the East Mountain/Cedar Crest area. To request medical appointment transport, please call **505-764-6464**.

Meal Site Transportation

Seniors can request daily pick up from their homes within a five-mile radius of the City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center.

To utilize meal site transport services, individuals can register directly with their center site.

On-Demand Transportation

On-demand rides can be requested for non-medical errands scheduled 3-days in advance. Return rides must be scheduled within 2-hours from initial pick-up time.

To request on-demand errand transport, please call **505-764-6464**.



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senior affairs



— SENIOR MEAL PROGRAM AND SENIOR MEAL SITES —



Our senior meal program promotes good health, encourages socialization, prevents malnutrition, and provides nutrition education. Lunch menus reflect nutrition guidance for overall health and well-being, and include New Mexico local fruits, vegetables, beans, chile, and meat. Senior Affairs offers low-cost breakfast and free/donation based senior lunch service to adults age 60+ or low-cost lunch to adults 50+ at senior and multigenerational centers Monday–Friday between 11:30am–1:00pm. Call your center for more information or to reserve your lunch 24-hours in advance.

Senior Affairs also offers home delivered meal service to homebound seniors who have physical, emotional, or other limitations that do not allow them to leave their homes on their own. If you, or someone you know, fits this description, call the Senior Information & Assistance Hotline at **505-764-6400**.

All City of Albuquerque Senior and Multigenerational centers offer free/donation-based lunch to adults age 60+ (*\$2.00 donation appreciated*). Older adults ages 50–59, lunch is offered at a reduced rate of \$3.25. Highland, Los Volcanes, Palo Duro, & Bear Canyon senior centers also offer low-cost, made to order menu options in addition to the regular senior lunch program.

Adults under the age of 50 are invited to visit our two multigenerational centers and can purchase lunch for \$7.67. Our multigenerational centers are North Domingo Baca and Manzano Mesa.

Senior and Multigenerational Center Meal Sites

Barelas Senior Center

714 7th St. SW, 87102
505-764-6436
M–F: 8:00am–5:00pm

Bear Canyon Senior Center

645 Pitt NE, 87111
505-767-5959
M–W: 8:00am–5:00pm
TH: 8:00am–9:00pm
SAT: 9:00am–3:00pm

Highland Senior Center

131 Monroe NE, 87108
505-767-5210
M–T, TH–F: 8:00am–5:00pm
W: 8:00am–7:00pm
SAT: 10:00am–4:00pm

Los Volcanes Senior Center

6500 Los Volcanes NW, 87121
505-767-5999
M–W, F: 8:00am–5:00pm
TH: 8:00am–7:00pm
SAT: 9:00am–1:00pm

North Valley Senior Center

3825 4th St NW, 87107
505-761-4025
M,W–F: 8:00am–5:00pm
TH: 8:00am–7:00pm
SUN: 12:30pm–5:00pm

Palo Duro Senior Center

5221 Palo Duro NE, 87110
505-888-8102
M–T, TH–F: 8:00am–5:00pm
SAT: 9:00am–1:00pm

Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123
505-275-8731
M–F: 8:00am–9:00pm
SAT: 9:00am–3:00pm

North Domingo Baca Multigenerational Center

7521 Carmel NE, 87109
505-764-6475
M–F: 8:00am–9:00pm
SAT: 9:00am–3:00pm

Additional City of Albuquerque and Bernalillo County senior meal sites that serve free/donation-based lunch to those 60 and older include:

Cesar Chavez Community Center
7505 Kathryn Ave SE, 87108
505-256-2680

Raymond G. Sanchez Senior Center
9800 4th St. NW, 87114
505-314-0082

Tijeras Senior Center
#10 Tijeras Ave,
Tijeras, NM 87059
505-286-4220

Encino Terrace
609 Encino Place NE, 87102
505-247-4185

Rio Bravo Senior Center
3910 Isleta Blvd SW, 87105
505-314-0049

Westgate Community Center (NEW LOCATION!)
10001 De Vargas Rd. SW, 87121
505-768-4750

Los Duranes Community Center
2920 Leopoldo NW, 87104
505-848-1338

South Valley Multi-Purpose Senior Center
2008 Larrazolo SW, 87105
505-468-7604

Whispering Pines Senior Center
#6 Lark Road,
Tijeras, NM 87059
505-281-8003

Paradise Hills
5901 Paradise Blvd NW, 87114
505-314-0246

Taylor Ranch Community Center
4900 Kachina Street NW, 87120
505-768-6006

Additional senior meal sites are generally open Monday-Friday, 8:30am-2:30pm, and provide activities as well as a senior lunch program. Menus and calendars of activities are available at each meal site. Reservations are required one day prior by 12pm.

Lunch is offered for residents at the following locations:

Ed Romero Terrace
8100 Central Ave SE, 87108
505-232-8880

Encino Terrace
609 Encino Place NE, 87102
505-247-4185

Shalom House
5500 Wyoming NE, 87109
505-823-1434

Encino Garden
412 Alvarado SE, 87108
505-266-7736

Embudo Towers
8010 Constitution NE, 87110
505-764-6474

Meals are offered free to adults 60 and older, however donations for meals are accepted and appreciated. Call each site for more information regarding hours of operation.



LOVE OUR SERVICES? DONATE!

Donations made to the City of Albuquerque Department of Senior Affairs help us enrich the services that we offer the community. Help us ensure that there is truly something for everyone in Albuquerque.

Visit us online at cabq.gov/seniors or call 505-764-6400.

SENIOR AND MULTIGENERATIONAL ACTIVITIES AND EVENT SCHEDULE

DANCE TO LIVE MUSIC WEEKLY

BARELAS SENIOR CENTER

Every Friday:
1:30pm–4:00pm
\$3 Admission

BEAR CANYON SENIOR CENTER

Every Thursday Evening:
6:00pm–8:30pm
\$3 Admission

HIGHLAND SENIOR CENTER

4th Saturday of Each Month:
12:00pm–3:00pm
\$3 Admission

LOS VOLCANES SENIOR CENTER

Every Thursday: 1:30pm–4:00pm
\$3 Admission

NORTH VALLEY SENIOR CENTER

Every Sunday: 1:30pm–4:00pm
\$3 Admission

SENIOR CENTER FLEA MARKETS

BARELAS SENIOR CENTER

Every Thursday: 8:30am–11:00am

BEAR CANYON SENIOR CENTER

Every Tuesday May–September:
10:00am–2:00pm

HIGHLAND SENIOR CENTER

Every Monday: 8:00am–12:00pm

LOS VOLCANES SENIOR CENTER

Every Thursday: 2:30pm–1:45pm
Every Friday: 8:30am–9:45am

NORTH VALLEY SENIOR CENTER

Every Wednesday: 8:30am–11:30am

PALO DURO SENIOR CENTER

2nd Monday of Each Month:
8:30am–12:30pm

FRIENDSHIP COFFEE

BARELAS SENIOR CENTER

Every Tuesday: 10:00am–2:00pm

BEAR CANYON SENIOR CENTER

Every Tuesday: 9:30am–10:30am

HIGHLAND SENIOR CENTER

Every Thursday: 11:00am–12:00pm

LOS VOLCANES SENIOR CENTER

Every Thursday: 12:30pm–1:45pm
Every Friday: 8:30am–9:45am

NORTH VALLEY SENIOR CENTER

Every Wednesday: 8:30am–10:30am

PALO DURO SENIOR CENTER

Every Tuesday & Thursday:
9:30am–10:30am



GEHM Clinic

Registered nurses from UNM College of Nursing provide blood pressure screening, diabetes glucose screening, health-related counseling, medication review and education.

For non-emergent concerns or health assessments, you can call 505-288-0040 or 505-288-0216. You can also call one of our lunch meal sites for dates and times for in-person screenings.



CLASSES

Arts & Crafts Ceramics & Pottery

CERAMICS

Barelas Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and/or staining, decorating, decals, etc. **Material not included.**

Monday & Wednesday:
9:00am–12:00pm

Los Volcanes Senior Center

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over-glazing, and/or staining, decorating, decals, etc. **Material not included.**

Monday & Friday:
9:00am–12:00pm

Palo Duro Senior Center

For anyone interested in working with molded clay objects.

Monday & Thursday:
9:30am–12:00pm

POTTERY

Los Volcanes Senior Center

Learn and explore the fundamentals of creating art with clay! Students are encouraged to explore their own ideas with each lesson and watch your creations or ideas become reality!

Wednesday: 9:00am–12:00pm

Manzano Mesa Multigenerational Center *Self-directed class.*

All levels welcome. From pinch pots, slabs, and coiling to wheel throwing.

Tuesday & Thursday:
8:30am–11:30am

Palo Duro Senior Center

All levels welcome. From pinch pots, slabs, and coiling to wheel throwing.

Wednesday & Friday:
9:00am–12:00pm

POTTERY: CLAY CLASSES

North Domingo Baca Multigenerational Center

Learn the origins of pottery sculpting.

Tuesday & Wednesday:
9:00am–1:00pm

POTTERY: OPEN STUDIO

Los Volcanes Senior Center

This class is a self-led to give students a chance to work freely on their clay projects or explore more ideas they have to create clay art.

Thursday: 1:30pm–4:30pm

Crocheting, Knitting, Quilting, Sewing & Weaving

BUSY BEES CROCHET & KNITTING

Palo Duro Senior Center

Projects made with the group, such as blankets, scarves, and hats are donated to various non-profit organizations

Wednesday: 12:00pm–3:00pm

CROCHETING

Barelas Senior Center

Learn the basics and create beautiful unique designs.

Thursday: 10:30am–12:30pm

Los Volcanes Senior Center

Bring your latest project, exchange ideas & learn new stitches from your fellow knitters.

Wednesday: 9:00am–12:00pm
Friday: 1:30pm–3:30pm

Palo Duro Senior Center

Tuesday's Angels

Tuesday: 9:00am–11:00am

KNITTING & CROCHETING GROUP

Highland Senior Center

Come learn about knitting & crocheting AND join us to share your skills or refresh them! Bring your own supplies or projects!

Wednesday: 1:00pm–3:00pm

KNITTING & CROCHETING: PROJECT LINUS

Bear Canyon Senior Center

All levels welcome. Learn techniques for creating sweaters, afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.

Monday: 9:00am–11:30am

QUILTING

Palo Duro Senior Center

This group of experienced hand quilters meet twice a week to help one another, to share, laugh, and enjoy one another's company.

Tuesday: 9:00am–11:00am
Saturday: 9:15am–11:15 am

QUILTING: EXPERIENCED

Bear Canyon Senior Center

This group of experienced hand quilters work on each other's quilts to completion.

Tuesday: 8:30am–11:45am

QUILTING: HAND

North Valley Senior Center

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are welcomed. No formal instruction is given however, encouragement is shared by all.

Monday: 8:00am–5:00pm
Sunday: 12:30pm–5:00pm

SEWING & ALTERATIONS

Palo Duro Senior Center

Tuesday: 10:00am–12:00pm

SWEDISH WEAVING

Los Volcanes Senior Center

Swedish Weaving is an art of weaving yarns through a counted cloth called Monk's Cloth.

Tuesday: 12:00pm–2:00pm

Palo Duro Senior Center

Swedish Weaving is an art of weaving yarns through a counted cloth called Monk's Cloth.

Tuesday: 2:15pm–4:15pm

Drawing, Painting, Folk Art, Photography & Watercolor

BEGINNING ACRYLIC PAINTING WITH GILLOTTI

Barelas Senior Center

Bring a canvas, or canvas board, brushes if you have them: 1 brush 1" wide min, 2" preferred. This class is for the beginner painter.

Tuesday: 9:00am–12:00pm

DRAWING/SKETCHING

Los Volcanes Senior Center

Learn the techniques of free hand drawing.

Thursday: 9:00am–11:00am

LEARN TO DRAW WITH KELLY

North Domingo Baca Multigenerational Center

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 of newsprint, 1-kneaded eraser, 1-charcoal pencil.

Friday: 9:00am–11:00 am

CLASSES

NORTH VALLEY PHOTO CLUB

North Valley Senior Center
Interested in photography? Please feel free to join us, we welcome all photographers and people interested in learning more about photography. We bring our photos to our meetings and help members with any problems they are having.
1st & 3rd Monday: 10:00am–11:30am

OIL PAINTING: OPEN WORKSHOP

Bear Canyon Senior Center
No registration required, bring your own materials.
Wednesday: 8:30am–11:30am

PAINTING

Los Volcanes Senior Center
Learn how to paint and create your own masterpiece with Janet Dominguez!
Tuesday: 9:00am–11:00am

PHOTOGRAPHY CLASSES

North Domingo Baca Multigenerational Center
Learn basic concepts and practice of digital photography, including understanding and use of the camera. Camera not provided. Sign up at the front desk.
Wednesday: 9:00am–10:30am
Thursday: 6:00pm–8:00pm

RETABLOS/HISPANIC FOLK ART

Barelas Senior Center
A retablo is a devotional folk-art painting using iconography derived from traditional Catholic Church art. *Self-taught class.*
Tuesday: 9:00am–11:30am

ROSEMALERS–OPEN PAINTING

Highland Senior Center
Rosemaling is Norwegian Folk Art painted mostly on wood. Feel free to come by and visit us. We can get you started!
Friday: 9:30am–11:30am
2nd Saturday: 10:00am–12:00pm

VISUAL JOURNALS

Bear Canyon Senior Center
This group shares tips, techniques, and ideas for working in an art journal. Each month, a member volunteers to do a demonstration for a technique that can be used in our journals. We use a wide range of supplies to include watercolors, acrylic paints, gesso, rubber stamps and pencils. After the demo in a class, we work in our journals, and then the next month we have a “show and tell” for the journal spread we worked on the previous month.
3rd Saturday: 12:00pm–2:30pm

WATERCOLOR/OPEN STUDIO

Highland Senior Center
You may use the open studio time to further explore projects in watercolor. This class is for self-led, intermediate-level students. You must bring your own supplies and the supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser, and a drying towel.
Thursday: 9:30am–12:00pm

WATERCOLOR: OPEN WORKSHOP

Bear Canyon Senior Center
This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.
Tuesday: 1:00pm–4:00pm

Other Arts & Crafts

ARTIST’S CORNER

Manzano Mesa Multigenerational Center
Open arts and crafts.
Thursday: 1:00pm–4:00pm

ARTS & CRAFT– SHARING

North Valley Senior Center
Open group setting for all level of crafters. Share embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.
Wednesday: 10:00am–12:00pm

CREATIVE ART GROUP

Palo Duro Senior Center
All are Welcome! Come Join Us and participate in your artistic journey! Make new friends! Have fun! We welcome all media.
Tuesday: 1:00pm–3:00pm

GATHERING OF ARTISTS

Highland Senior Center
Also known as “Artist Series” started by Ralph Lewis this group of artists will present and gently critique art pieces in any medium. Artists of all levels are welcome.
Monday: 10:00am–11:30am

LAPIDARY: BEGINNERS

Palo Duro Senior Center
Learn the craft of working, forming and finishing stone, minerals and gemstones. Open to everyone! Please join us!
Monday & Tuesday: 8:30am–11:30am

LAPIDARY: INTERMEDIATE

Palo Duro Senior Center
Open to everyone! Learn the craft while using power tools. Please join us!
Friday: 8:30am–11:30am

LAPIDARY: OPEN STUDIO

Palo Duro Senior Center
Go at your own pace. *Self-taught.*
Thursday: 8:30am–11:30am

OFF BEAT ARTISTS

Barelas Senior Center
A group of self-directed artists working primarily in drawing and painting mediums. The objective of the group is to work and share creative experiences in an atmosphere of camaraderie. There are no instructions provided, but there are gentle critiques with one another if requested. Participants provide their own materials and work at their own pace. Please join us, just come ready to work and see if we are a good fit for you!
1st & 3rd Friday: 1:00pm–3:00pm

PORCELAIN DOLLS

Los Volcanes Senior Center
Our group is looking for members to learn the art of making a porcelain doll! You will have access to supplies, materials, and firing equipment. Please feel free to join our group!
Thursday: 9:00am–11:00am

Woodwork, Leather, Stained Glass, Metal & Tin Work

METAL & SILVER SMITHING

Palo Duro Senior Center
Begin with basic skills such as forging, soldering, setting, etc.
Wednesday: 12:00pm–3:00pm

STAINED GLASS

North Valley Senior Center
Must provide Own Materials, materials not included. Learn how to cut, grind and copper foil glass, assemble, solder and complete

CLASSES

projects. **Material not included.**
Tuesday, Wednesday & Thursday:
9:00am–12:00pm

STAINED GLASS OPEN WORKSHOP

Bear Canyon Senior Center
Enjoy learning the art of stained glass in this hands-on open workshop. Learn how to make a pattern, cut glass, use a grinder, and piece projects together using copper foil. Enhance and master soldering skills.
Tuesday: 8:00am–10:15am

TIN CLASS

Los Volcanes Senior Center
Tinsmith is an art form using materials of tin to create art such as cardholders, frames, or any idea you may have. Everyone is welcome to come and learn the fundamentals of tin working.
Wednesday: 1:30pm–4:00pm

TIN PUNCHING

Barelas Senior Center
Tin punching is a colonial art form to make functional and decorative items from tin.
Self-taught class. Materials not included.
Tuesday: 1:00pm–4:00pm

WOODCARVING

Manzano Mesa Multigenerational Center
Learn carving techniques, use of hand tools, and start on your way to making fantastic works of art out of wood.
Wednesday: 8:00am–11:30am

WOODCARVING (Power Tools)

Los Volcanes Senior Center
Open to everyone, who would like to learn how to create wood art using power tools such as a small texture stone and many more!
Monday: 1:30pm–3:30pm

WOODCARVER WORKSHOP: BEAR CANYON CARVERS

Bear Canyon Senior Center
Women and men of all skill levels enjoy woodcarving in this on-going class.
Friday: 8:00am–12:00pm

WOODWORKING

Los Volcanes Senior Center
Open to everyone, who would like to carve, cut, and shape art into wood! Please join us!
Monday: 8:30am–10:30am

Composition & Literature

Reading & Writing

CLASSIC & GREAT BOOKS DISCUSSION GROUP

Bear Canyon Senior Center
Read and discuss the classics with this group.
2nd & 4th Friday: 1:00pm–3:00pm

INQUIRING MINDS

Bear Canyon Senior Center
All members take turns researching topics and presenting them to the class for discussion and further study, if desired.
Monday: 10:00am–11:00am

MEMOIRS – AUTOBIOGRAPHY

Bear Canyon Senior Center
Recall and record your favorite memories.
Tuesday: 9:00am–11:15am

MYSTERY BOOK CLUB

Palo Duro Senior Center
Recommendations and discussions of the best mystery and suspense titles.
2nd Tuesday: 1:30pm–2:30pm

BOOKS READING

February: Left Handed Twin by Thomas Perry
March: Nothing Bundt Trouble by Ellie Alexander
April: The Devil and the Dark Water by Stuart Turton

Computer

OPEN COMPUTER LAB

Open during operating hours. Please see front desk for classes.

Barelas Senior Center
Bear Canyon Senior Center
Highland Senior Center
Los Volcanes Senior Center
Manzano Mesa Multigenerational Center
North Domingo Baca Multigenerational Center
North Valley Senior Center
Palo Duro Senior Center

Dance

BALLROOM DANCE CLASS

Bear Canyon Senior Center
Learn to ballroom dance!
\$6.00 per session.
Thursday: 5:00pm–5:45pm

BALLROOM DANCING

North Domingo Baca Multigenerational Center
Practice major rhythm and ballroom style dances including Foxtrot, Waltz, Tango, Rumba, Cha-Cha and Swing, with other dances sometimes included such

as Salsa or Viennese Waltz, are taught. Some fitness, stretching and conditioning may be included. **Fee based class.**
Saturday: 1:00pm–2:00pm

BEGINNING BALLROOM DANCING

Highland Senior Center
Instructor: Beth. Come and learn basic moves for ballroom dancing. No dancing partner required.
Tuesday: 10:00am–12:00pm

DANCE CLASS WITH JACQUELINE

North Valley Senior Center
Join our new dance class! Come learn different styles of dancing, including ballroom dance, waltz, tango, swing, rumba, cha cha, salsa, bolero, and much more!
\$1.00 per class.
Tuesday: 2:00pm–3:00pm

JAPANESE FOLK DANCE

Bear Canyon Senior Center
Community based dance group focused on Japanese classic and folk dances.
Monday: 10:00am–12:00pm

LINE DANCING

Barelas Senior Center
Beginners
Wednesday: 9:00am–10:00am
High Beginners
Wednesday: 10:15am–11:15am
Intermediate
Friday: 9:30am–11:00am

Bear Canyon Senior Center
Beginners
Tuesday: 1:30pm–3:00pm
Beginning Improver
Thursday: 3:15pm–4:30pm
Intermediate
Tuesday: 3:15pm–4:30pm
Advanced
Thursday: 1:30pm–3:00pm
(\$1.00 donation appreciated)

CLASSES

LINE DANCING (CONTINUED)

Highland Senior Center

Intermediate

Tuesday: 2:00pm–3:30pm

Manzano Mesa

Multigenerational Center

Beginners

Monday: 9:15am–11:15am

Starter

Wednesday: 12:15pm–1:15pm

Beginners/Improver

Wednesday: 1:30pm–3:30pm

North Domingo Baca

Multigenerational Center

Beginners

Thursday: 1:30pm–3:00pm

Improver Class

Tuesday: 4:30pm–6:30pm

Intermediate

Wednesday & Friday:

1:30pm–3:00pm

MANZANO MESA CLOGGERS

Manzano Mesa

Multigenerational Center

The most FUN you can have with your FEET!

Beginners-Easy-Intermediate.

Friday: 5:00pm–6:30pm

WISE WOMEN BELLY DANCE

Manzano Mesa

Multigenerational Center

Learn the technique and basics to this beautiful centuries-old dance form. *\$5.00 - 1st intro class, \$35.00 - for 4 classes.*

Last Thursday: 6:00pm–8:00pm



Games

BILLIARDS

Bear Canyon Senior Center

Monday–Friday: 8:00am–4:45pm

Saturday: 9:00am–2:45pm

(\$.25/day)

Palo Duro Senior Center

Tuesday: 2:00pm–4:00pm

BRIDGE – WALK IN

Bear Canyon Senior Center

Wednesday: 12:30pm–3:30pm

CANASTA HAND & FOOT

Canasta in which each player is dealt two sets of cards.

Bear Canyon Senior Center

Monday & Thursday:

12:00pm–4:30pm

Palo Duro Senior Center

Tuesday: 1:00pm–4:00pm

CHESS FOR FUN

Bear Canyon Senior Center

Monday: 11:30am–2:30pm

Wednesday: 11:30am–4:30pm

Friday: 12:15pm–4:30pm

Saturday: 9:00am–2:45pm

CRIBBAGE

Bear Canyon Senior Center

Monday: 9:00am–11:00am

Thursday: 9:30am–11:30am

Palo Duro Senior Center

Friday: 1:00pm–3:30pm

GAME DAY

Bear Canyon Senior Center

Open time to come and play chess, any type of card, board or tile game.

Wednesday: 9:30am–11:00am

HEARTS

Bear Canyon Senior Center

Hearts is a trick-taking game typically for four players.

Friday: 9:00am–12:00pm

HUACHAS

Bear Canyon Senior Center

Similar to horseshoes, that involves teams of players that take turns tossing washers toward a box or hole. The game may also be called washer pitching, washer toss, washers.

Friday: 10:00am–11:00am

MAHJONG (AMERICAN)

Bear Canyon Senior Center

Game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

Monday: 12:00pm–3:30pm

MAHJONG (FILIPINO)

Bear Canyon Senior Center

Tile based game commonly played by four players.

Saturday: 12:00pm–2:30pm

MEXICAN TRAIN

Played with dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or “trains,” emanating from a central hub or “station.”

Bear Canyon Senior Center

Saturday: 10:00am–12:30pm

Palo Duro Senior Center

Wednesday: 12:00pm–3:00pm

PINOCHLE

Bear Canyon Senior Center

Pinochle is derived from the card game bezique. Players score points by trick-taking and also by forming combinations of cards into melds.

Single Deck

Tuesday: 9:30am–11:30am

Double Deck

Friday: 12:30pm–4:45pm

SHANGHAI RUMMY

Bear Canyon Senior Center

Based on gin rummy played by 3 to 8 players.

Tuesday & Thursday:

1:00pm–4:00pm

Language

DUTCH: SPEAKING CLUB

Bear Canyon Senior Center

Practice your Dutch with this fun, easygoing group.

Friday: 10:00am–11:30am

FRENCH

Palo Duro Senior Center

Monday: 1:00pm–3:00pm

FRENCH: INTERMEDIATE

North Domingo Baca

Multigenerational Center

An active, enthusiastic group who enjoy French and cultural activities related to the language.

Saturday: 9:30am–11:30am

ITALIAN: BEGINNERS

Barelas Senior Center

Learn the language of love!

Whether you are a beginner starting with the basics or looking to practice your skills, this class is for you. This course will introduce you to engage in simple communication.

Thursday: 1:30pm–2:30pm

ITALIAN: INTERMEDIATE

Bear Canyon Senior Center

Emphasis is on reading, grammar, conversation and verb conjugation. Acquire the basic tools to get around in Italy, as well as an appreciation of the culture.

Tuesday: 11:30am–12:30pm

SPANISH: BEGINNERS

Barelas Senior Center

This class is tailored for beginners and for those trying to sharpen their skills.

Wednesday: 1:00pm–2:00pm

CLASSES

SPANISH: CONVERSATION

Highland Senior Center

Carry on conversations with others in Spanish. Improve fluency through use.

Tuesday: 1:00pm–3:00pm

SPANISH: CONVERSATION ADVANCED

Bear Canyon Senior Center

Carry on conversations with others in Spanish. Improve fluency through use.

Tuesday: 1:00pm–3:00pm

SPANISH WORKSHOP: INTERMEDIATE & ADVANCED

Bear Canyon Senior Center

First hour has an emphasis on the study of grammar. Second hour consists of topics selected by the facilitator with an emphasis on conversation and cultural themes.

Tuesday: 9:00am–10:50am

Music

ABQ ACCORDION CLUB

Bear Canyon Senior Center

Group open to accordion players of any level.

2nd & 4th Thursday: 7:00pm–8:45pm

BEARTONES

Bear Canyon Senior Center

This is a four part (*soprano, alto, tenor and bass*) singing group. The ability to read music is a plus.

Thursday: 10:00am–12:00pm

GUITAR: BEGINNERS

Bear Canyon Senior Center

You will need your own instrument and music stand.

Wednesday: 8:00am–9:30am

GUITAR: CLASSICAL BEGINNERS

Los Volcanes Senior Center

Classical guitars can also be great instruments for beginners. Learn to play classical guitar with these beginner lessons.

Friday: 10:00am–12:00pm

GUITAR INTERMEDIATE ACOUSTIC ROCK/AMERICANA

Bear Canyon Senior Center

Wednesday: 10:00am–11:30am

GUITAR INTERMEDIATE/ADVANCED

Bear Canyon Senior Center

Thursday: 1:00pm–3:00pm

GUITAR JAM SESSION—EXPERIENCED

Bear Canyon Senior Center

A jam session for experienced guitar players.

Monday: 1:00pm–4:00pm

FUDDY DUDDY DANCE BAND

Bear Canyon Senior Center

Wednesday: 1:00pm–3:00pm

HIGHLAND HARMONIZERS

Highland Senior Center

Join a group of about singers who enjoy singing 4-part harmony. Can participate in a few performances during the year.

Wednesday: 10:00am–12:00pm

HIGHLAND JAM SESSION

Highland Senior Center

Open jam session to anyone who wants to sit-down and share the gift of music with others. Bring an instrument or two if you have one. Come share your musical experience with old friends or meet new people!

2nd Saturday: 1:30pm–3:30pm

MUSIC CIRCLE-SING & STRUM

Palo Duro Senior Center

Thursdays: 10:00am–12:00pm

PALO DURO SINGERS

Palo Duro Senior Center

Monday: 9:00am–11:00am

PIANO: BEGINNERS

Come learn to play the piano or improve your skills with us.

Bear Canyon Senior Center

Friday: 9:00am–10:30am

Palo Duro Senior Center

Monday: 9:00am–11:00am

PIANO: INTERMEDIATE

Bear Canyon Senior Center

Students late elementary to advanced. Bring your own piano music books. Some music will also be provided.

Friday: 10:45am–12:00pm

UKULELE BEGINNERS WITH ANNE WITHROW

Highland Senior Center

Learn the basics of ukulele; holding, strumming, chords and playing songs! Anne Withrow, who says: "If you can't have fun, it isn't worth it."

Wednesday: 4:30pm–6:30pm

Sports & Fitness

AEROBICS

Manzano Mesa Multigenerational Center

This energetic class challenges you with a variety of low impact aerobic techniques.

Monday, Wednesday & Friday: 8:15am–9:15am

AEROBICS

Barelas Senior Center

Come experience a fun exercise class set to some great oldies' music! Exercise at your own level with a combination of cardio exercises along with weights and resistance bands.

Tuesday: 10:00am–11:00am

AEROBICS/EXERCISE TO MUSIC

Highland Senior Center

Our classes are fun routines designed with low impact aerobic exercises to strengthen the cardiovascular system in combination with energizing music. *.50¢ donation per class.*

Monday, Wednesday & Friday: 9:00am–10:00am

AEROBICS & PILATES STRETCHING

Barelas Senior Center

Come join us for aerobic exercise along with Pilates stretching on mats and use of weights. Work at your own level and improve your coordination and balance.

Thursday: 1:30pm–2:30pm

AEROBICS: SALSA

Los Volcanes Senior Center

Learn the fundamentals of Latin Dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha-Cha! Fitness shoes or dance shoes required.

Tuesday: 2:30pm–3:30pm

Saturday: 9:30am–10:30am

DANCE & MOVEMENT FOR PARKINSON'S

North Valley Senior Center

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

1st & 3rd Thursday: 2:00pm–3:00pm

CLASSES

DANCING WITH THE BARS

Bear Canyon Senior Center
Dancing with the Bars is a movement exercise form of dancing—to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy. **\$.2.00 per session.**
Thursday: 8:30am–9:15am

ENHANCE FITNESS

North Domingo Baca Multigenerational Center
Each class session includes cardiovascular, strength training, balance and flexibility exercises.
Monday, Wednesday & Friday:
8:05am–9:05am &
10:15am–11:15am

North Valley Senior Center
Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

Monday, Tuesday & Friday:
8:15am–9:15am

FELDENKRIAS

North Domingo Baca Multigenerational Center
Feldenkrais exercises are unlike any other form of exercise. Instead of stretching or using muscular effort, Feldenkrais exercises stimulate the brain with an ingenious blend of gentle movement and guided attention to bring about improvements in the body.
Tuesday: 10:00am–11:00am & 6:00pm–7:00pm

FIT FOR SENIORS

North Domingo Baca Multigenerational Center
Fitness focused on heart and respiratory, muscle strengthening, flexibility, and balance. **Fee based class.**
Tuesday & Thursday:
9:30am–10:30am

FLEX & TONE

Highland Senior Center
Elongate and strengthen your muscles, increases flexibility, improves posture and helps develop a strong core. **\$.50¢ donation per class.**
Tuesday & Thursday:
8:15am–9:15am

Manzano Mesa Multigenerational Center
Low impact, low intensity workout that will tone your muscles, increase your range of motion and improve flexibility.
Tuesday & Thursday:
8:15am–9:15am

FUNCTIONAL FITNESS

Manzano Mesa Multigenerational Center
Functional fitness includes movements such as walking, pushing, pulling, bending, squatting, lunging, and core. These exercises improve functional strength.
Tuesday: 6:30pm–7:30pm

GENTLE EXERCISE

Highland Senior Center
Participants in this class are mostly seated in a chair as they utilize weights, balls, and bands to focus on strength building with resistance. **\$.50¢ donation per class.**
Monday, Wednesday & Friday:
10:15am–11:15am

Manzano Mesa Multigenerational Center
Gentle exercise consists of using gentle cardio workout techniques.
Monday, Wednesday & Friday:
9:30am–10:30am

JAZZERCISE

North Domingo Multigenerational Center
Jazzercise is a dance-based group fitness program. Jazzercise class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music. **Fee based class.**
Monday: 9:15am–10:15am & 4:30pm–5:30pm
Tuesday: 8:05am–9:05am
Wednesday: 4:30pm–5:30 pm
Thursday: 8:05am–9:05am
Friday: 9:10am–10:10am
Saturday: 10:30am–11:30am

PICKLEBALL

Los Volcanes Senior Center
Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball!
Monday: 9:30am–11:00am & 1:30pm–4:00pm
5th Wednesday: 9:30am–11:00am
Thursday: 4:30pm–6:30pm

PICKLEBALL: LEARN TO PLAY

North Domingo Baca Multigenerational Center
Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball.
Wednesday: 12:00pm–2:00pm

PICKLEBALL: OPEN PLAY

Manzano Mesa Multigenerational Center
(Returning second week in August)
Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball!
Thursday: 1:00pm–4:00pm

PICKLEBALL: OPEN PLAY

North Domingo Baca Multigenerational Center
Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball.
Thursday: 6:00pm–8:30pm
Friday: 12:00pm–2:00pm

PICKLEBALL: TRAINING

Manzano Mesa Multigenerational Center
(Returning second week in August)
Learn the paddle sport that combines elements of tennis, badminton, and table tennis. For beginners or anyone looking to enjoy the fun sport of Pickleball.
Tuesday & Thursday:
9:30am–11:30am

PILATES

Barelas Senior Center
Increase core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50-minute classes. Emphasis is placed on improving balance skills, strengthening abdominals and back for improved posture, and ease of movement for doing everyday tasks. All of the fundamental movements and Pilates exercise principles are incorporated into the mat classes.
Monday: 8:30am–9:30am

CLASSES

North Valley Senior Center

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

Wednesday: 8:30am–9:30am

STRENGTHENING CLASS

Palo Duro Senior Center

A fun strengthening class, performed primarily in a chair. The focus is on resistance training to build strength. Equipment needed per person. Broom stick and hand towel.

Monday: 9:30am–10:30am

Thursday: 9:30am–10:30am

TABLE TENNIS

Bear Canyon Senior Center

Practice and Play.

Monday: 1:30pm–4:30pm

Thursday: 9:30am–11:00am

Friday: 2:30pm–4:45pm

Saturday: 9:00am–11:00am

& 1:00pm–2:45pm

TAI CHI

Highland Senior Center

Improved strength, flexibility, peace of mind and relaxation.

Thursday: 10:30am–11:30am

Manzano Mesa

Multigenerational Center

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body.

Tuesday & Thursday:

9:00am–10:00am

North Valley Senior Center

Tai Chi is an ancient Chinese exercise that focuses on the benefits of flexibility, muscle strengthening, and endurance training. This exercise class can help older adults improve their balance and lower their fall risk.

Monday & Friday: 9:30am–10:30am

TAI-CHI FOR HEALTH

Barelas Senior Center

Tai Chi for Arthritis and falls Prevention has been shown to prevent falls, reduce pain, improve physical and cognitive function, enhance self-efficiency, relieve depression and increase health-related quality of life.

Thursday: 1:15pm–2:15pm

T'AI CHI CH'UAN

Bear Canyon Senior Center

A form of martial arts that provides a cardiovascular workout and improves balance.

Saturday: 11:30am–1:00pm

Open to new participants every January and July each year.

T'AI CHI CHIH PRACTICE

Bear Canyon Senior Center

Wednesday: 3:30pm–4:00pm

T.N.T DYNAMITE

Bear Canyon Senior Center

Trim and tone your body with this class designed to fit your own individual needs and abilities. Work at your own pace toward improving strength, stamina, and muscle tone. **\$2.00 per session.**

Monday, Wednesday & Friday:

9:30am–10:30am

YOGA

Barelas Senior Center

An eclectic style of yoga combining traditional yoga with Korean style yoga. Incorporates gentle stretching, movements, breathing and meditation to enhance energy circulation and accumulation All body conditions will benefit. Chairs can be used to facilitate your participation. The objective of the class is to create flexibility, free flowing energy,

centeredness, relaxation, and peace of mind.

Thursday: 9:00am–10:00am

North Domingo Baca Multigenerational Center

Combine physical postures, breathing techniques, meditation and relaxation to promote mental and physical well-being. **Fee based class.**

Monday: 9:00am–10:00am

Friday: 1:00pm–2:00pm

YOGA: BEGINNERS

Manzano Mesa

Multigenerational Center

Class is slower paced than an all-levels class, and focused on developing clear and safe alignment in foundational poses. Come to learn, play, and maybe even break a sweat in a supportive environment. All bodies are welcome.

Wednesday: 5:30pm–6:30pm

YOGA: BELTS & BLOCKS

North Valley Senior Center

Belts and Blocks Yoga focuses on improving stability, support and balance, and posture. The use of blocks and belts helps the body stretch deeper and achieve new depths, while teaching your muscles to move in a completely new way. **Donations welcome.**

Thursday: 9:00am–10:00am

YOGA: CHAIR

North Valley Senior Center

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. When standing, the chair is used to help with and improve balance. Chair yoga helps increase flexibility, strength and body awareness. **\$5.00 per class.**

Friday: 10:00am–11:00am

YOGA: DAHN

North Valley Senior Center

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight.

Tuesday & Thursday:

3:15pm–4:15pm

YOGA: ENERGY

Highland Senior Center

An eclectic style of yoga combining traditional yoga with Korean style yoga. Incorporates gentle stretching, movements, breathing and meditation to enhance energy circulation and accumulation All body conditions will benefit. Chairs can be used to facilitate your participation. The objective of the class is to create flexibility, free flowing energy, centeredness, relaxation and peace of mind.

Tuesday: 10:30am–11:30am

YOGA: HATHA BLEND

Manzano Mesa

Multigenerational Center

A yoga class described as 'Hatha' will typically involve a set of physical postures and breathing techniques, practiced more slowly and with more static posture holds than perhaps a Vinyasa flow or Ashtanga class. Hatha yoga is about finding balance.

Monday: 6:00pm–7:15pm

Palo Duro Senior Center

Friday: 9:30am–10:30am

CLASSES

YOGA: LAUGHTER

Manzano Mesa Multigenerational Center

Laughter yoga (*Hasyayoga*) is a modern exercise involving prolonged voluntary laughter. This type of yoga is based on the belief that voluntary laughter provides similar physiological and psychological benefits as spontaneous laughter.

Saturday: 9:00am–10:00am

ZUMBA

North Domingo Baca Multigenerational Center

Zumba is a dance-based group fitness program. Zumba class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music. *Fee based classes*

Monday, Wednesday & Saturday: 9:15am–10:15am

North Valley Senior Center

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow your mind. Ditch the workout! *Donations welcome.*

Tuesday: 5:30pm–6:30pm

Friday: 3:30pm–4:30pm

ZUMBA GOLD

Bear Canyon Senior Center

Check out this fun dance/aerobics class. No dance experience required.

\$2 per session.

Monday, Wednesday & Friday: 8:15am–9:15am

North Domingo Baca Multigenerational Center

A moderate exercise and fitness program that combines upbeat Latin and international music and easy-to-follow dance moves.

Tuesday: 9:15am–10:15am

LUNCHEON EVENTS

Annual Holiday Senior Luncheon Events

Reservations and pre-payment are required. For more information, please contact the hosting senior or multigenerational center directly.



THANKSGIVING DAY LUNCHEON

Bear Canyon Senior Center

Thursday, November 23rd, 2023

11:00am–1:00pm

WINTER HOLIDAY SENIOR LUNCHEON

Barelas Senior Center

Monday, December 25th, 2023

11:00am–1:00pm



SENIOR EVENTS

For updated details regarding Senior Affairs annual events, visit: cabq.gov/seniors/events.

AGELESS ARTISAN CRAFT FAIR

Saturday, November 18th

North Valley Senior Center

NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 24th

SENIOR TECH CONNECT FAIR

Friday, April 14th

Palo Duro Senior Center

GROUPS, CLUBS & COMMUNITY GROUPS

ALBUQUERQUE SENIOR ROCK HOUNDS GROUP

Los Volcanes Senior Center

We are a group of explorers that head to hills and valleys around our beautiful state. We love to collect rocks, flora, and other unique items from public lands. If you like to get out and enjoy nature this group is for you!

Meetings: 1st & 3rd Thursday
12:00pm–1:00pm

Trips: 2nd & 4th Thursday: *Time TBD*

ALZHEIMER'S CAREGIVER & SUPPORT GROUP

Los Volcanes Senior Center

A support group for anyone who assists with Alzheimer's caregiving.

3rd Tuesday: 9:30am–10:15am

BIBLE STUDY

Bear Canyon Senior Center

Come and join for bible study and fellowship

Thursday: 9:00am–11:00am

Los Volcanes Senior Center

Come and join us every week for Bible Study. Bring your bible but it is not required.

Tuesday: 9:30am–11:00am

BLOOD PRESSURE SCREENING

Bear Canyon Senior Center

Wednesday: 9:00am–11:00am

CHEROKEE OF NM

Manzano Mesa

Multigenerational Center

Members of the Cherokee Nation gather to discuss traditions and culture.

1st Saturday: 12:00pm–2:45pm

GROUPS, CLUBS & COMMUNITY GROUPS

CHEROKEE SW TOWNSHIP

Bear Canyon Senior Center

Members of the Cherokee Nation gather to discuss traditions and culture.

2nd Saturday: 10:30am–2:30pm

DEAF SENIORS OF GREATER ABQ GROUP

Palo Duro Senior Center

Social group for Deaf Seniors.

Thursday: 8:30am–10:30am

EL CAMINO SENIOR GARDEN

Barelas Senior Center

Spend time outdoors gardening and enjoying great company.

Monday-Friday: 8:00am–4:30pm

FISHERMAN'S CLUB

North Valley Senior Center

Fishermen and Fisherwomen meet every week to decide where the group will go fishing.

Monday: 10:00am–11:00am

FISHING CLUB

Bear Canyon Senior Center

Male and female anglers at all levels meet bi-weekly to decide where the group will go fishing in New Mexico.

Monday: 1:00pm–2:00pm

Los Volcanes Senior Center

Interested in learning about fishing? Join our fishing club and go on fishing excursions to various lakes!

Wednesday: 9:00am–10:00am

Trips every Thursday: *Time is TBD*

GRIEF SUPPORT

Bear Canyon Senior Center

A support group for those who are grieving the loss of people, places, things, who are lonely or facing life challenges. This group provides a friendly, caring, and often cheerful and enjoyable environment to heal the heart and give you peace of mind.

Monday: 3:00pm–4:30pm

HAPPY LOSERS

Bear Canyon Senior Center

Be supported in your weight loss journey. Weight Loss Group.

Thursday: 8:00am–9:15am

INVESTMENT CLUB

Palo Duro Senior Center

Provide sound investment information and education resources that will help create successful stock market investors. Members learn fundamental stock analysis using Stock Selection Guide Software and from other resources. All club members are seniors and are members of the Palo Duro Senior Center.

3rd Tuesday: 10:00am–12:00pm

LIONS CLUB

Manzano Mesa

Multigenerational Center

Serve and take an active interest in the civic, cultural, social and moral welfare of the community.

1st & 3rd Monday: 6:00pm–7:00pm

LIP READING

Bear Canyon Senior Center

Learn to hear with your eyes and never miss a word again! **\$5 fee for book.**

Monday: 12:30pm–1:30pm

OLOC (OLDER LESBIAN'S ORGANIZING FOR CHANGE)

Highland Senior Center

A cooperative community of Old Lesbian feminist activists from many backgrounds working for justice, and the well-being of all Old Lesbians. OLOC Mission Statement is "To eliminate the oppression of ageism, and to stand in solidarity against all oppressions."

3rd Saturday: 12:30pm–3:30pm

ORCA GROUP GAME NIGHT (OLDER RAINBOW COMMUNITY OF ABQ CHANGED NAME FROM SAGE)

Highland Senior Center

Everyone is invited to join and play board games, card games, & dice games, fun games, etc. Spare your time for fun!

2nd & 4th Wednesday:

4:00pm–6:00pm

PHILATELIC CLUB

Palo Duro Senior Center

Come and Join us every week for stamp collecting.

Monday: 12:00pm–2:00pm

PROSTATE CANCER SUPPORT

Bear Canyon Senior Center

Support group for men going through prostate issues.

1st & 3rd Saturday: 12:30pm–2:45pm

SENIOR LGBT MONTHLY MEETING

Highland Senior Center

Sharing session about what's happening in our lives and our community. Discussion on how we can become more inclusive

for LGBT older adults and all members of our community.

2nd Thursday: 2:00pm–4:00pm

SIGLO DE ORO RV GROUP

Bear Canyon Senior Center

Let's go RVing. Have fun meeting new people. We go out once a month. We plan trips to different places at our monthly meeting. **\$25.00 membership dues.**

3rd Thursday: 10:00am–11:00am

(except November and December)

SPEAK WITH DISTINCTION TOASTMASTERS

Manzano Mesa

Multigenerational Center

Practice and sharpen public speaking skills.

Thursday: 5:30pm–6:30pm

T.O.P.S

Helping people take off pounds sensibly.

Palo Duro Senior Center

Monday: 11:45am–1:00pm

Manzano Mesa

Multigenerational Center

Friday: 10:00am–11:30am

VFW POST 10763

Bear Canyon Senior Center

Veterans of foreign wars get together to share experiences.

1st Thursday: 9:30am–10:30am

ZIA SUNDIALS CHAPTER #106

Bear Canyon Senior Center

Members of the National Association of Watch and Clock Collectors.

2nd Saturday: 12:30pm–2:30pm

Our Volunteering Opportunities

Become a volunteer with the City of Albuquerque Department of Senior Affairs!

Volunteers play a critical role in achieving the City of Albuquerque's Department of Senior Affairs mission. Whether you're a younger resident interested in lending a hand, a group that wants to give back, or a senior hoping to get more involved in the community, Senior Affairs has a volunteer opportunity for you!

Senior Affairs offers seniors age 50 and better, services and programs that promote both independent living and healthy aging. The Information & Assistance hotline, 505-764-6400, connects residents to these services and programs and to additional community resources. Senior Affairs operates senior centers, multigenerational centers, sports and fitness centers, meal sites, and a central kitchen. Senior Affairs programs include home services, care coordination, home delivered meals, and senior transportation.

Volunteers of any age can help, sign up today:

- Visit cabq.gov/seniors/senior-volunteer for volunteer opportunities.
- Email servewithseniors@cabq.gov or call 505-767-5241 for more information.
- Volunteers age 55 and over may choose an AmeriCorps Seniors program.

AmeriCorps Seniors Volunteer Programs



AmeriCorps Seniors is a suite of national volunteer programs for Americans 55 years and older and is federally funded by AmeriCorps. In New Mexico, AmeriCorps Seniors is jointly administered by the Aging & Long-Term Services Department. The City of Albuquerque Department of Senior Affairs has sponsored AmeriCorps Seniors for over 40 years! All three programs offer orientation, reimbursements for travel, supplemental insurance while serving, and annual recognition events. When you volunteer, you're not just helping others, you're helping yourself.

RSVP Volunteers Make a difference in Albuquerque!

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs. With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills. RSVP is one of the largest volunteer networks in the nation for people 55 and over. Please note that all volunteers must pass a Background Check that includes a National Sex Offender Check.

Thank you to our Volunteer Sponsors:



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

Foster Grandparents Help Children Succeed!

Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development. Foster Grandparents serve under the supervision of teachers and specialists in Albuquerque Public Schools, City of Albuquerque Child Development Centers, YDI Head Start Programs, and in other community programs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$3 per hour. All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. Please note that all volunteers must pass a fingerprint-based background check.

Senior Companions are Seniors Helping Seniors!

Senior Companions are older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$3 per hour. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. Please note that all volunteers must pass a fingerprint-based background check.

To get involved, call: 505-764-6400 or visitcabq.gov/seniors/senior-volunteer.

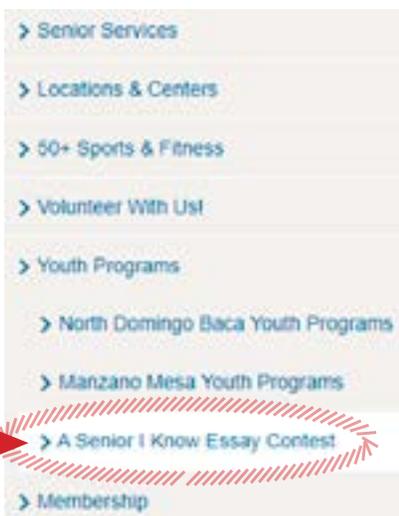
MULTIGENERATIONAL CENTER YOUTH RECREATIONAL PROGRAMS

The Department of Senior Affairs provides services to Bernalillo County's youth ages 5 through 12 years old at North Domingo Baca and Manzano Mesa Multigenerational Centers. In addition to the traditional adult programming and services offered at the six Senior Centers, the two Multigenerational Centers provide an array of intergenerational programming including various recreation programs. Along with Summer Break Youth Programs, there are additional Fall and Winter Break programs available throughout the school year.

During the school year, North Domingo Baca Multigenerational Center offers an after-school program, Monday–Friday 2:00pm–5:30pm which includes transportation from Edmund G. Ross Elementary School to the center site. Manzano Mesa Multigenerational Center offers a before and afterschool program, Monday–Friday 7:00am–8:30am and 3:30pm–6:00pm with early dismissal hours on Wednesdays 12:30pm–6:00pm Manzano Mesa's before and after-school also offers transportation to and from Manzano Mesa Elementary School in the morning and afternoon.



MULTIGENERATIONAL PROGRAMMING



A Senior I Know Essay Contest

An opportunity for children to share how senior relationships have positively influenced their lives.

Older and younger generations have a lot to learn from one another and one way to keep younger generations connected to significant older adults in their life is to give opportunities to share how these relationships have positively influenced their values and beliefs.

Every year, The Department of Senior Affairs sponsors the annual A Senior I Know essay contest for students in grades 1-5. In the past, submissions were only accepted if they came through a school. But in this 40th anniversary year, the contest is open to anyone in the appropriate grade range who submits their essay by the **Feb. 1, 2023 deadline**.

Learn more about the rules and how to submit here. You can also download the essay submission form at:

cabq.gov/seniors/youth-programs/a-senior-i-know-essay-contest



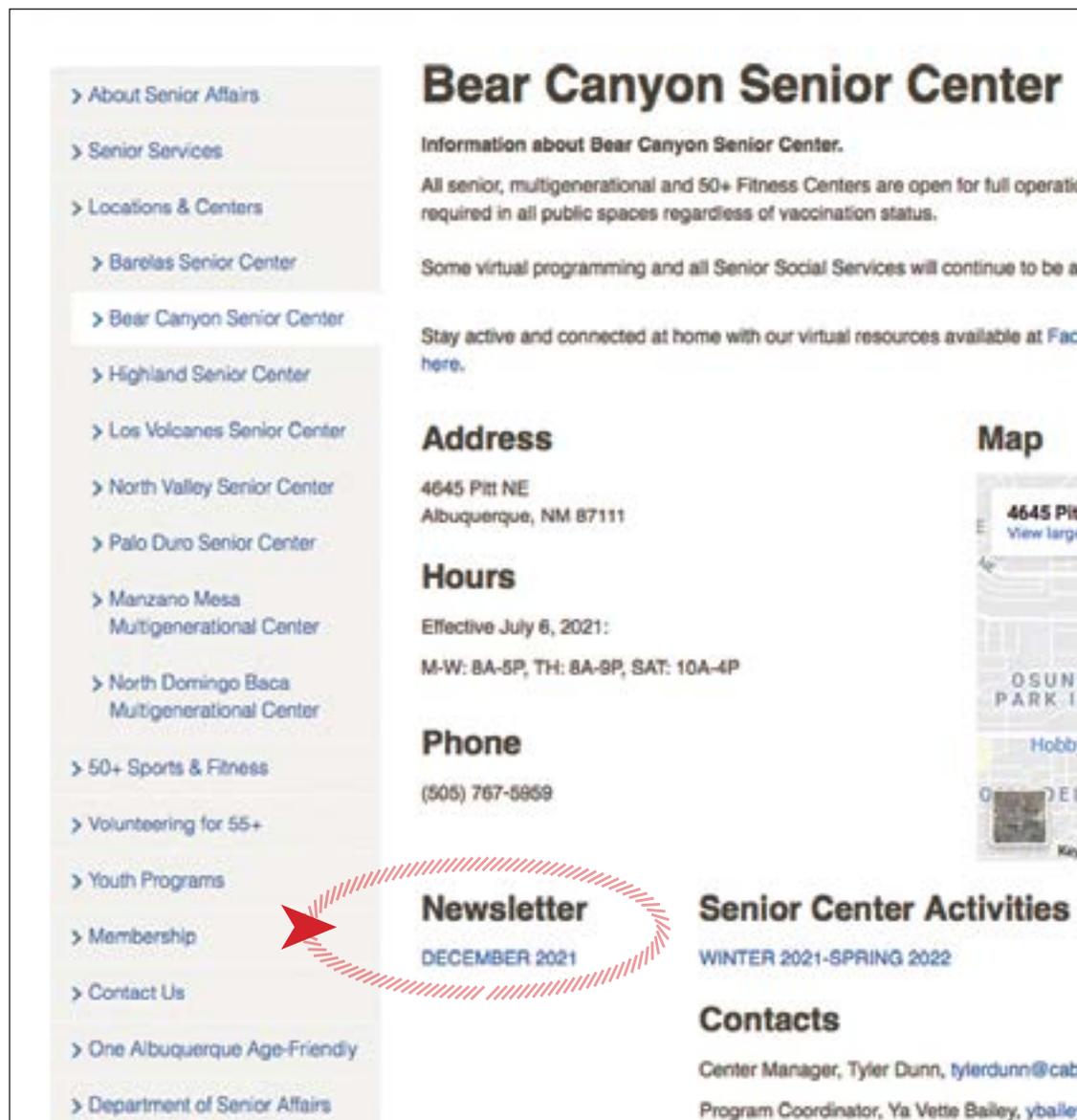
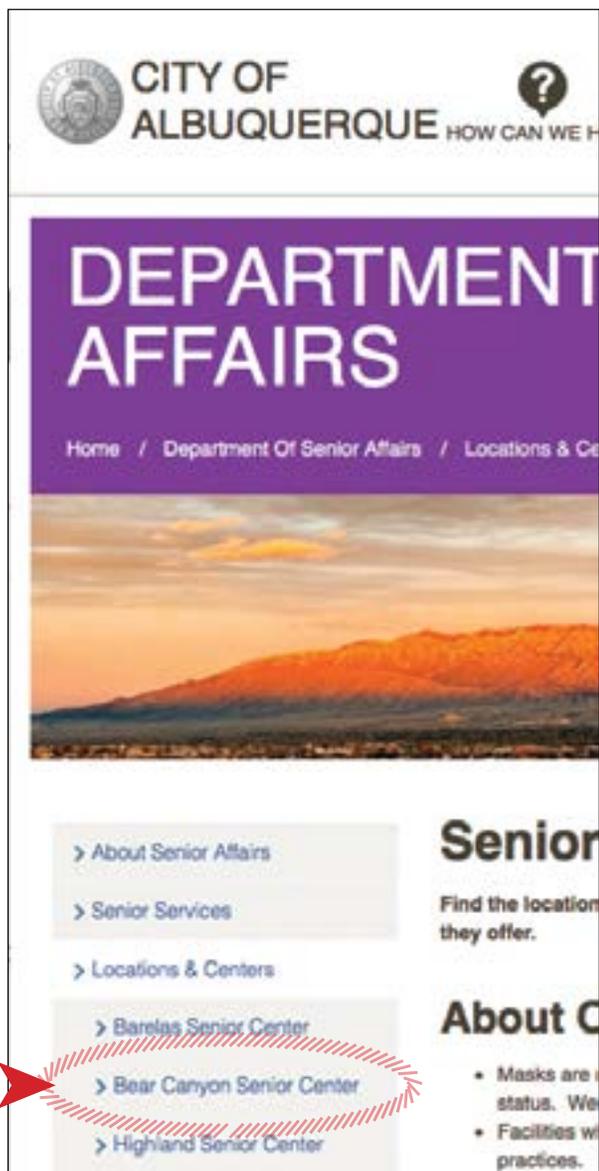
SENIOR AND MULTIGENERATIONAL RECREATION ACTIVITIES AND EVENTS

Albuquerque's 50+ population can enjoy sports and recreation activities, the arts, unlimited learning opportunities, trips and outings, meals, special events and support groups at any of the Metro area's eight centers.

Educational and social activities include: computing, health management, musical concerts, lectures, theater, pottery, breakfast, lunch, and support groups. Recreational and sports

activities include hiking, down-hill skiing, aerobics, and a range of other indoor and outdoor sports and fitness opportunities.

For specific Senior and Multigenerational center current, ongoing schedule of events and classes you can visit with center staff or view each center's monthly newsletter online by visiting the center location page located at: cabq.gov/seniors



DEPARTMENT OF SENIOR AFFAIRS ANNUAL EVENTS

For updated event dates, location, schedule and information, visit: cabq.gov/seniors/events

CITY OF ALBUQUERQUE HOW CAN WE HELP MEET MAYOR KELLER GET INVOLVED

DEPARTMENT OF SENIOR AFFAIRS

Home / Department Of Senior Affairs / About Senior Affairs

- > About Senior Affairs
 - > Department of Senior Affairs Advisory Council
 - > Community Partners
 - > Senior Affairs Events
 - > Senior Affairs News
 - > Senior Information & Assistance
 - > Stay Connected From Home
 - > Director of Senior Affairs
 - > Senior Services
 - > Locations & Centers

Department of Senior

General Information about the Department of Senior Affairs

Important Notices

- Department of Senior Affairs will be closed on Friday, Saturday, Dec. 25. Highland Senior Center will be open p.m. on Dec. 25 for our annual Holiday Senior lunch. The holiday lunch, purchase a ticket in advance for \$4 per person at the Senior Center. Space is limited.
- **Updated Mask Requirement:** Masks are required at all Albuquerque facilities and public spaces regardless of vaccination status. We thank you in advance for your cooperation.
- **We are Open!** All 50+ Sports and Fitness, Senior and Community Centers are open for full operations. For more information on our class schedules, hours of operations, or activities, visit our website, call our Senior Information Line at 505-764-6400, or visit our center directly or call our Senior Information Line at 505-764-6400.
- **Senior Affairs Transportation Program Expanded!** The Albuquerque Department of Senior Affairs Transportation Program is now available to all seniors.

JANUARY

2023 Tax Assistance
Senior Day at The Legislature

FEBRUARY

Valentine's Day Dance and Luncheons
50+ Games Swimming Event

MARCH

Health Resource Fair

APRIL

Technology Fair
"Senior" Prom

MAY (OLDER AMERICANS MONTH)

National Senior Health and Fitness Day
Youth Summer Program Registration
50+ Games Track & Field
"A Senior I Know" Essay Contest Award Ceremony

AUGUST

NM Conference on Aging
"Cruzin' into the School Year"

SEPTEMBER

Falls Prevention Fiesta
Senior Day at the State Fair

OCTOBER

Primetime Expo Event
HEATS ON
Halloween Dance & Multigenerational Carnivals

NOVEMBER

Ageless Artisan Craft Fair
Annual Pool Tournament hosted by Los Volcanes
Annual El Camino Real Garden Veterans Ceremony
Senior Thanksgiving Luncheon on Thanksgiving Day

DECEMBER

Senior Holiday Luncheon on Christmas Day



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